

Autism-Friendly Tips to Celebrate the 4th of July

Many July 4th celebrations include parades, fireworks, sparklers and outdoor concerts which can cause sensory overload for children with Autism Spectrum Disorder. Here are a few tips to help you and your family prepare for a safe, fun and enjoyable holiday.

1. Talk to your child to prepare them for the activities
Sit down with them a day or two in advance so they know what to expect.
2. Go to bed early on July 3rd
Be sure both you and your child are well rested before the big day.
3. Designate a safe space
Arrive early to your destination to find a quiet, private location. A familiar blanket or chair may help create a defined safe space.
4. Pack ear buds or headphones
Soft music or noise cancelling headphones can help muffle or block out excessive noise.
5. Have your child's favorite items on hand
toys, games, fidgets, snacks – things that help calm your child and create a sense of familiarity and comfort.